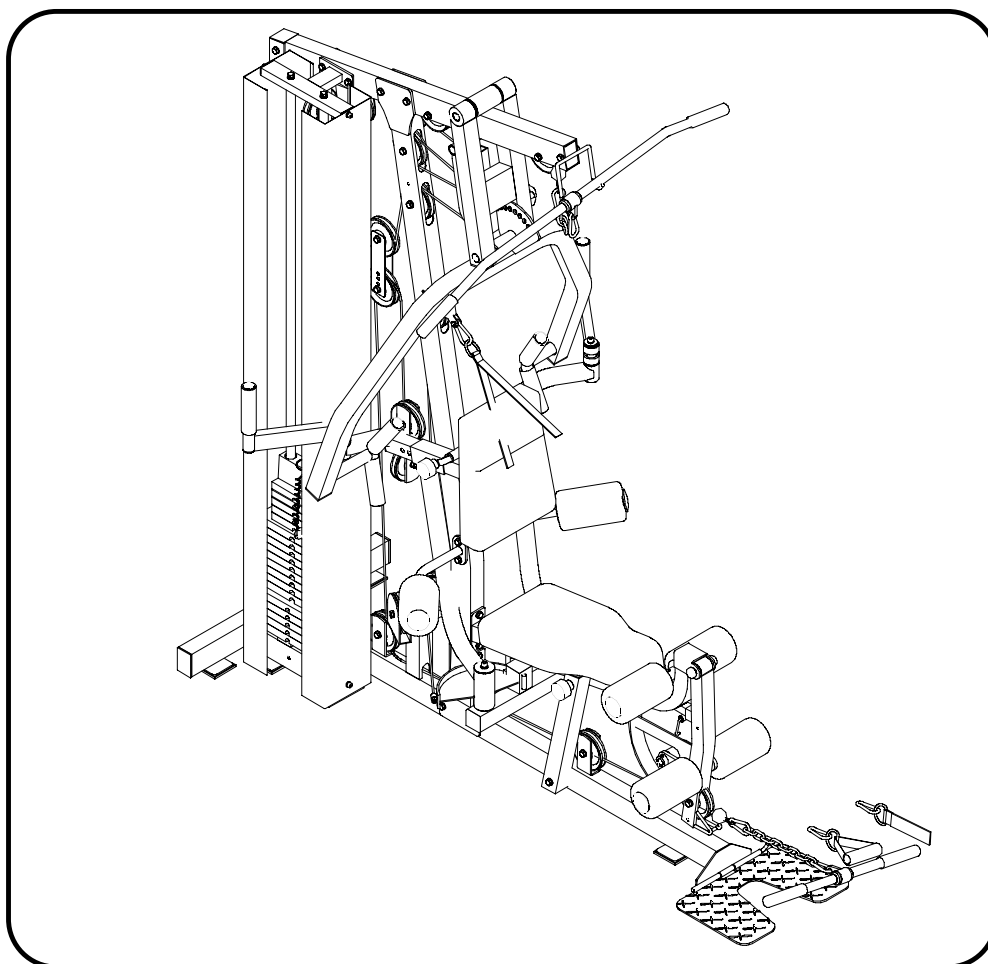


POWER SYSTEM



KPS-1800

HOME GYM 1800



Questions?

Call our toll free Keys Fitness Helpline

1-800-683-1236

keysfitness.com

O W N E R ' S M A N U A L



THANK YOU for making this Power System unit a part of your exercise program. Keys Fitness and our Power System Series assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Helpline. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

POWER SYSTEM SERIES

MODEL: KPS-1800

QUESTIONS?

CALL

1-800-683-1236

Monday-Friday

8:30-5:30 Central Time

When calling please have the following product information available:

- . Product Series
- . Model #
- . Part Number
- . Part Description

BEFORE YOU START

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

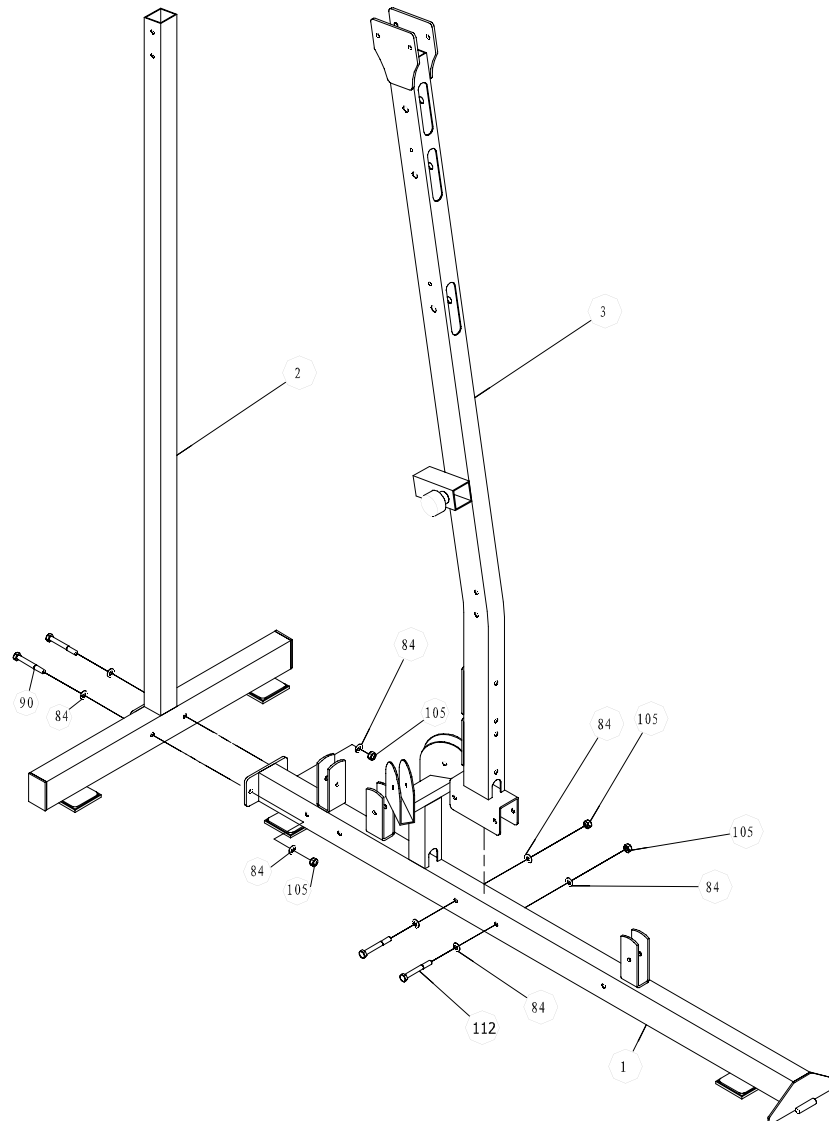
It is the owner 's responsibility to ensure that all users of this unit have read the Owner 's Manual and are familiar with safety information and precautions.

SAFETY PRECATIONS

- ¡ ñ This Power System unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- ¡ ñ Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- ¡ ñ Always examine your unit before using to ensure all parts are in working order.
- ¡ ñ Do not leave children unsupervised near or on the unit.
- ¡ ñService to your Power System unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.

ASSEMBLY

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 1

Connect Base Frame (1) to Rear Upright (2) and Main Upright (3) using:

2 x (90) Bolt

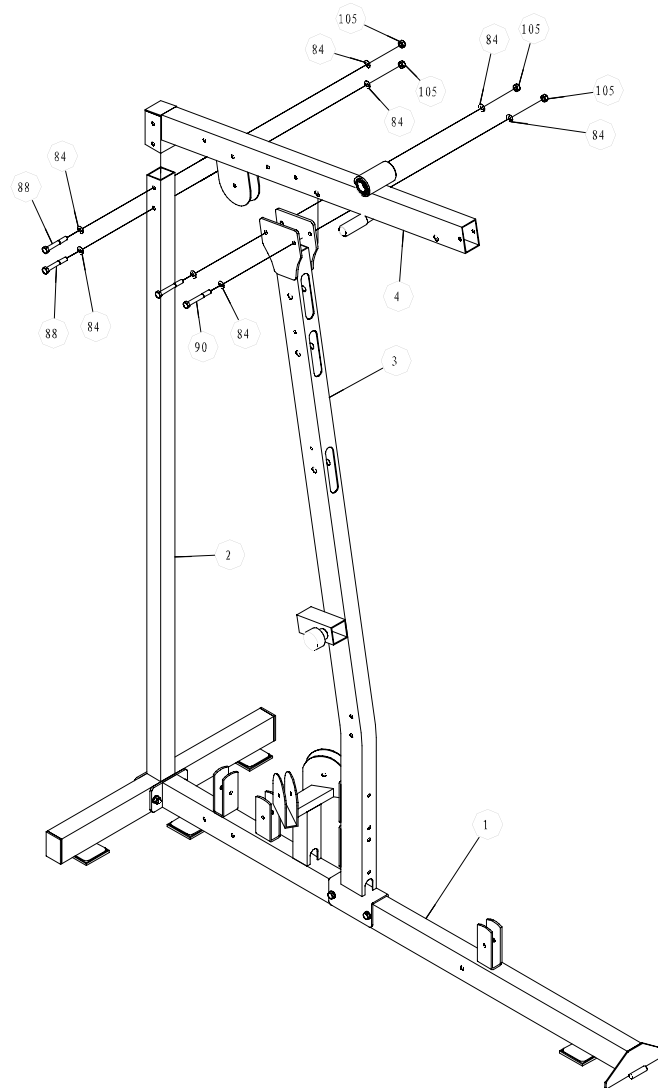
8 x (84) Washer

4 x (105) Nylon Nut

2 x (112) Bolt

ASSEMBLY

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 2

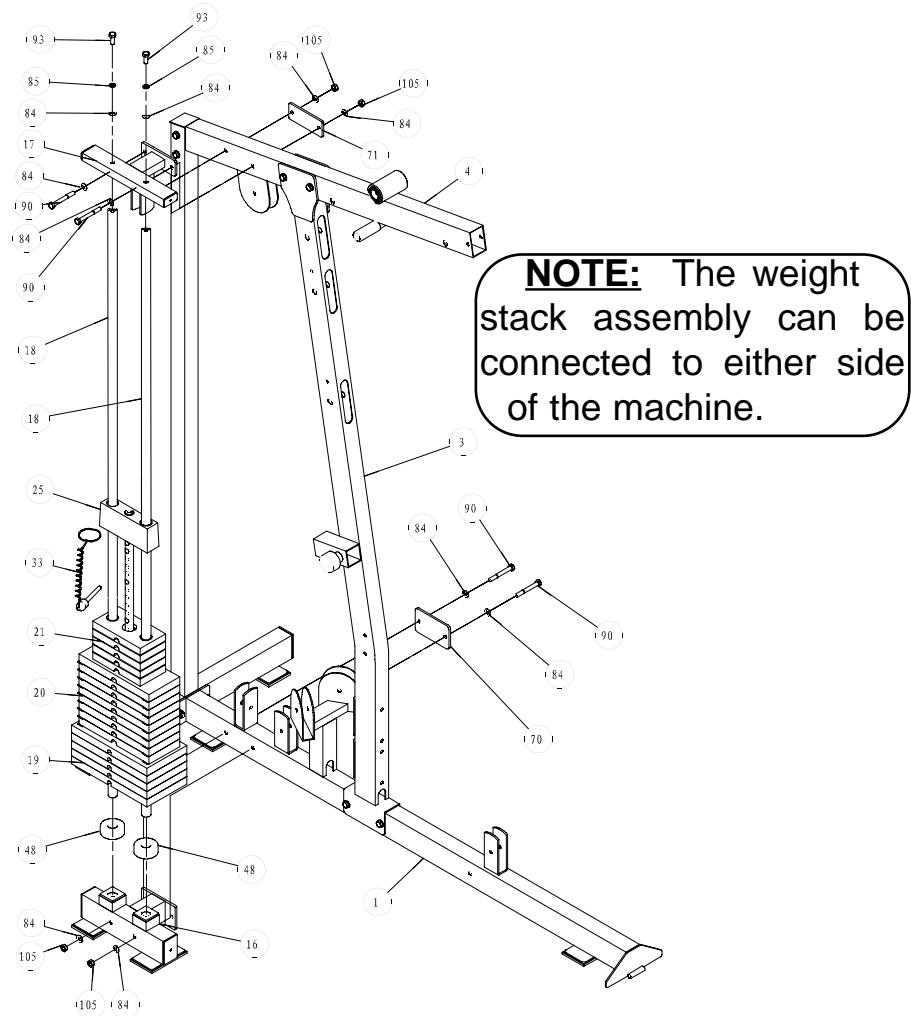
Slide Main Top Beam (4) down onto Rear Upright (2) and Main Upright (3) and secure using:

2 x (88) Bolt
2 x (90) Bolt

8 x (84) Washer
4 x (105) Nylon Nut

ASSEMBLY

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 3

Attach Base Frame for Weight (16) to Base Frame (1) using:

- | | |
|--------------------|---------------------|
| 1 x (70) Big Plate | 2 x (90) Bolt |
| 4 x (84) Washer | 2 x (105) Nylon Nut |

Slide Guide Rods (18) down into Base Frame for Weight (16) and slide on the following:

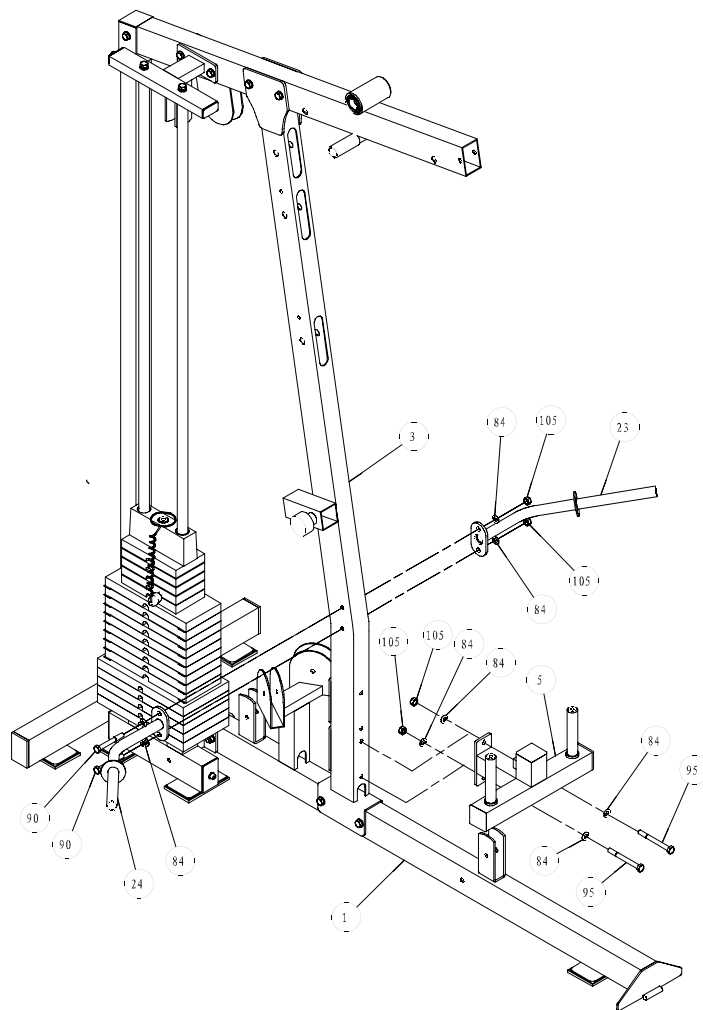
- | | |
|------------------------------|----------------------------------|
| 2 x (48) Weight Stack Bumper | 5 x (19) 15 lb plate |
| 9 x (20) 10 lb plate | 5 x (21) 5 lb plate |
| 1 x (25) Top Plate | 1 x (17) Top Frame for Guide Rod |

Secure Guide Rods (18) to Top Frame for Guide Rod (17) then connect to Main Top Beam (4) using:

- | | |
|----------------------|--------------------------|
| 2 x (93) Bolt | 2 x (85) Spring Washer |
| 6 x (84) Washer | 2 x (90) Bolt |
| 1 x (71) Small Plate | 2 x (105) Nylon Lock Nut |

ASSEMBLY

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4

Attach Left and Right Leg Hold Frame (24,23) to Main Upright (3) using:

2 x (90) Bolt

4 x (84) Washer

2 x (105) Nylon Lock Nut

Attach Pec Dec Mount (5) to Main Upright (3) using:

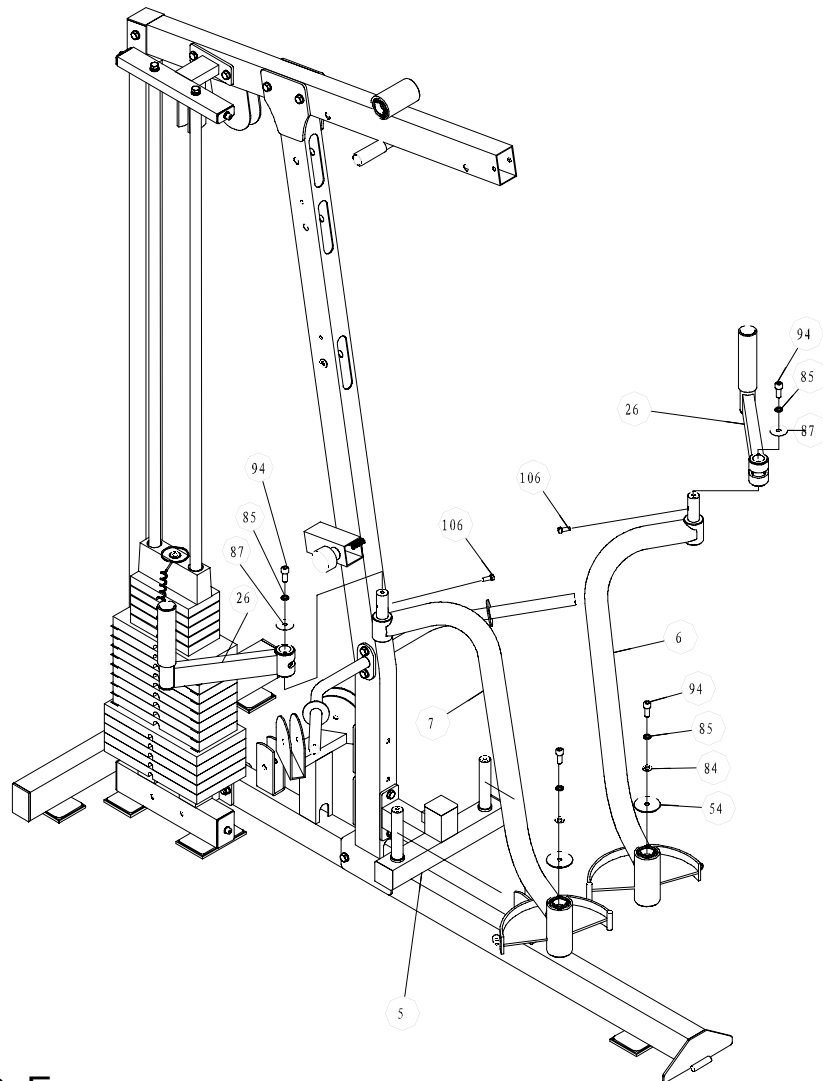
2 x (95) Bolt

4 x (84) Washer

2 x (105) Nylon Lock Nut

ASSEMBLY

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 5

Attach Left and Right Pec Dec Arms (6,7) to Pec Dec Mount (5) using:

2 x (94) Allen Bolt

2 x (85) Spring Washer

2 x (84) Washer

2 x (54) Big Washer

Connect Pec Dec Handle Bars (26) to Left and Right Pec Dec Arms (6,7) using:

2 x (94) Allen Bolt

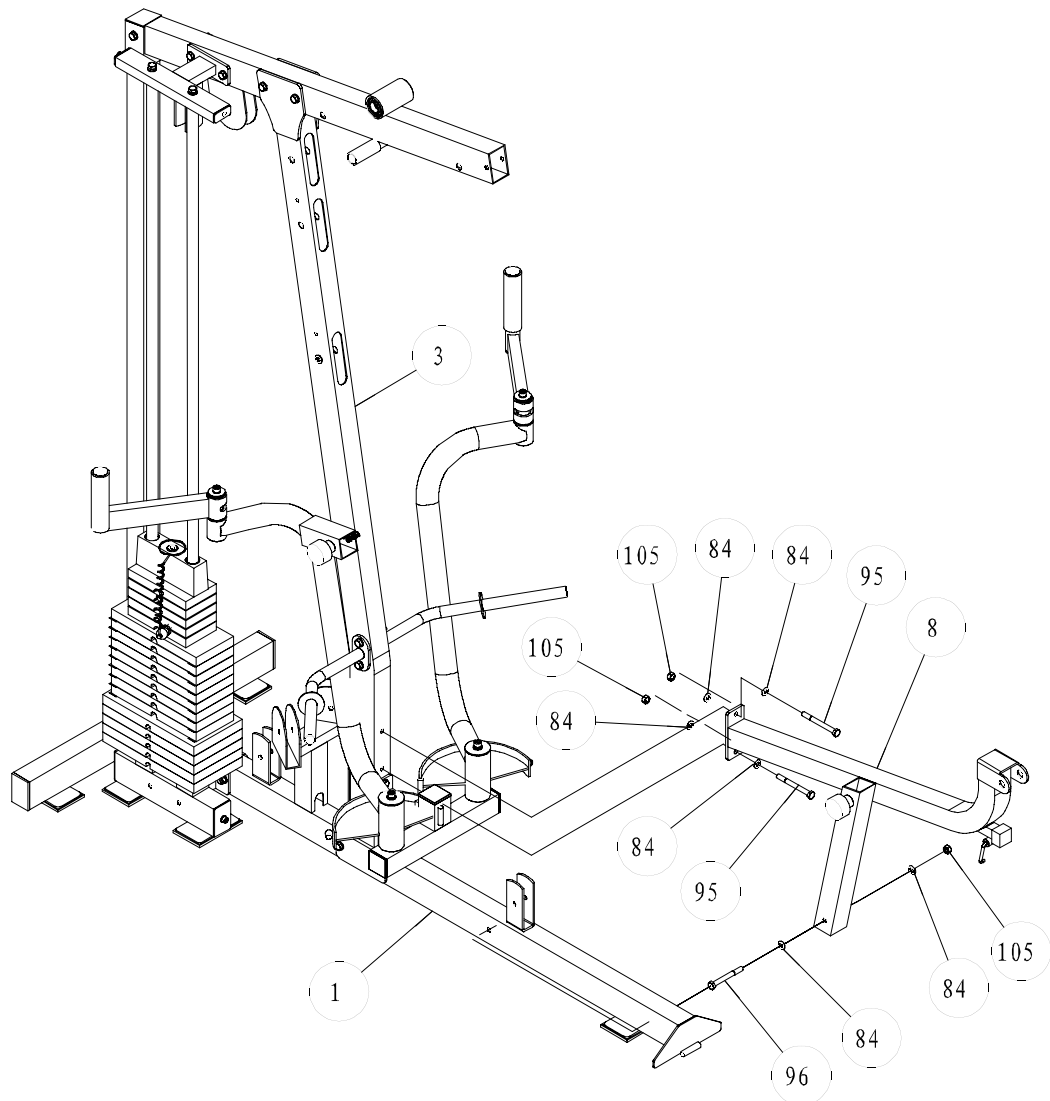
2 x (85) Spring Washer

2 x (87) Big Washer

2 x (106) Allen Bolt

ASSEMBLY

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 6

Connect Seat Pad Support Receptacle to Main Upright (3) and Base Frame (1) using:

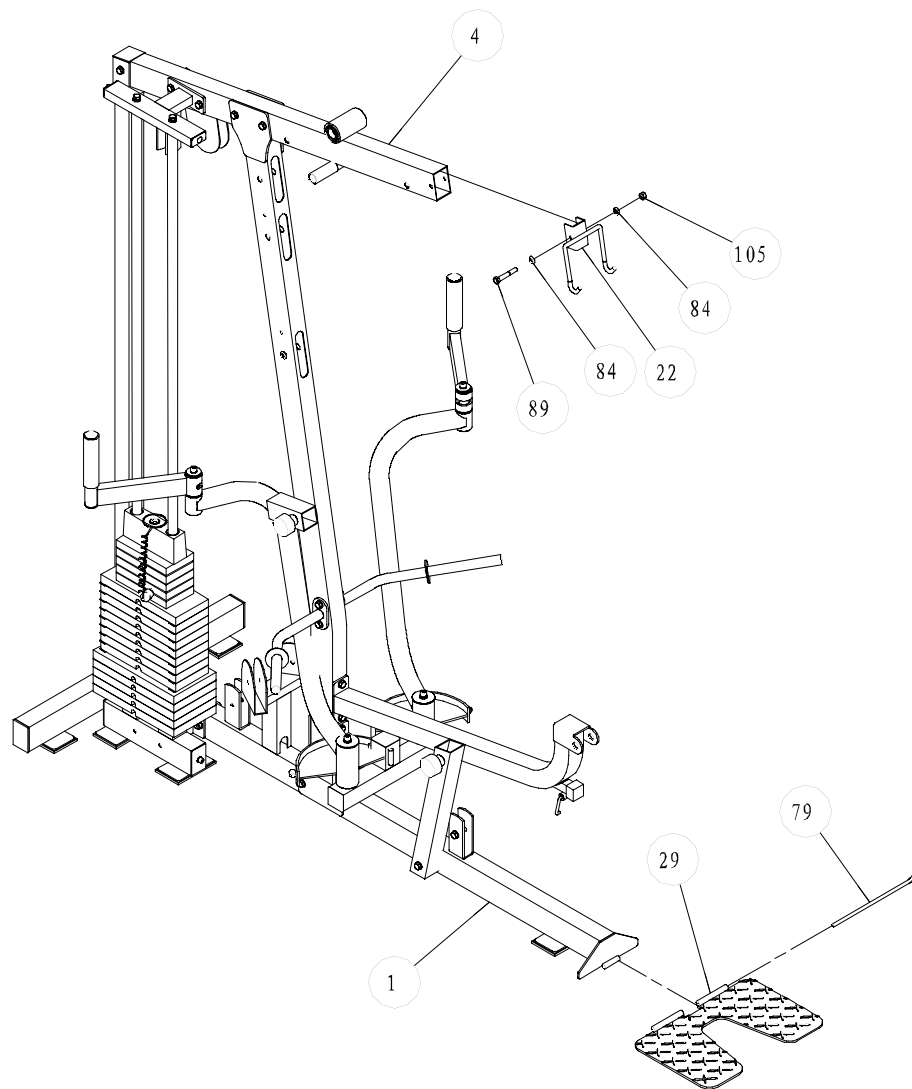
2 x (95) Bolt

6 x (84) Washer

3 x (105) Nylon Lock Nut

1 x (96) Bolt

ASSEMBLY



STEP 7

Connect Lat Bar Hook (22) to Main Top Beam (4) using:

1 x (89) Bolt

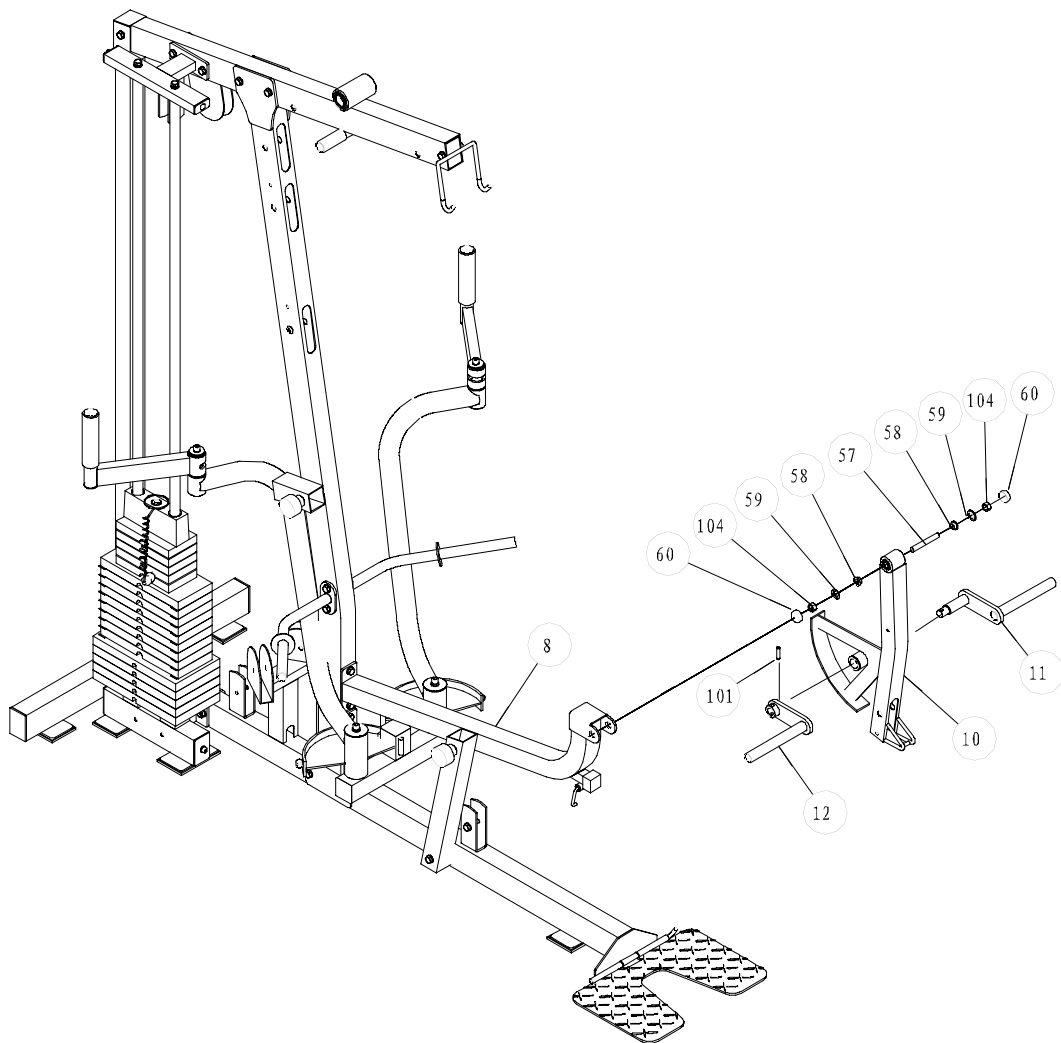
2 x (84) Washer

1 x (105) Nylon Lock Nut

Connect Foot Plate (29) to Base Frame (1) using:

1 x (79) Long "L" Pin

ASSEMBLY



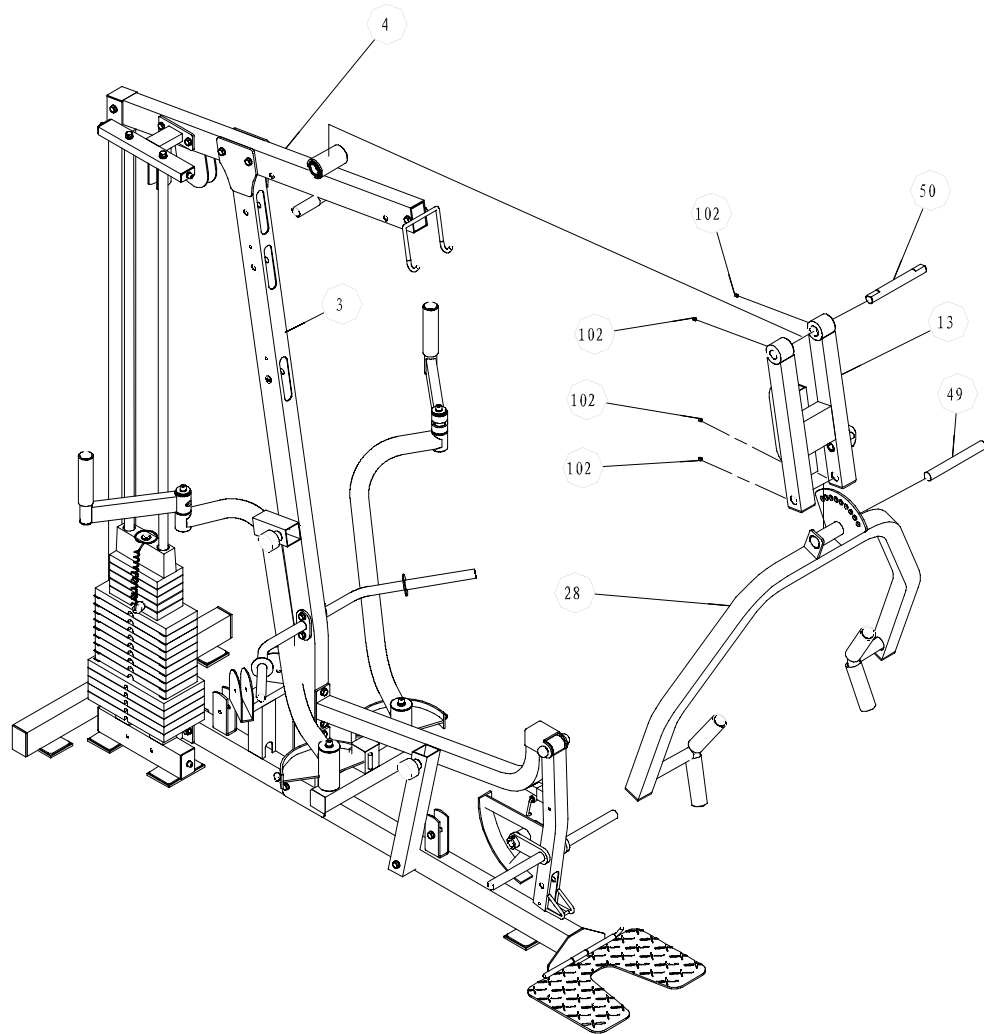
STEP 8

Connect Leg Extension Lever (10) to Seat Pad Support Receptacle (8) using:

- | | |
|----------------------------------|--------------------------|
| 2 x (60) Semi-Ball End Cap | 2 x (104) Nylon Lock Nut |
| 1 x (57) Shaft for Leg Extension | 2 x (59) Concave Washer |
| 2 x (58) Bushing for Leg Ext. | |

Attach Foam Frame w/Shaft (11) and Foam Frame w/o Shaft (12) to Leg Extension Lever (10) and secure with Slip Tension Pin (101).

ASSEMBLY



STEP 9

Secure Press Arm Support (13) to Main Top Beam (4) using:

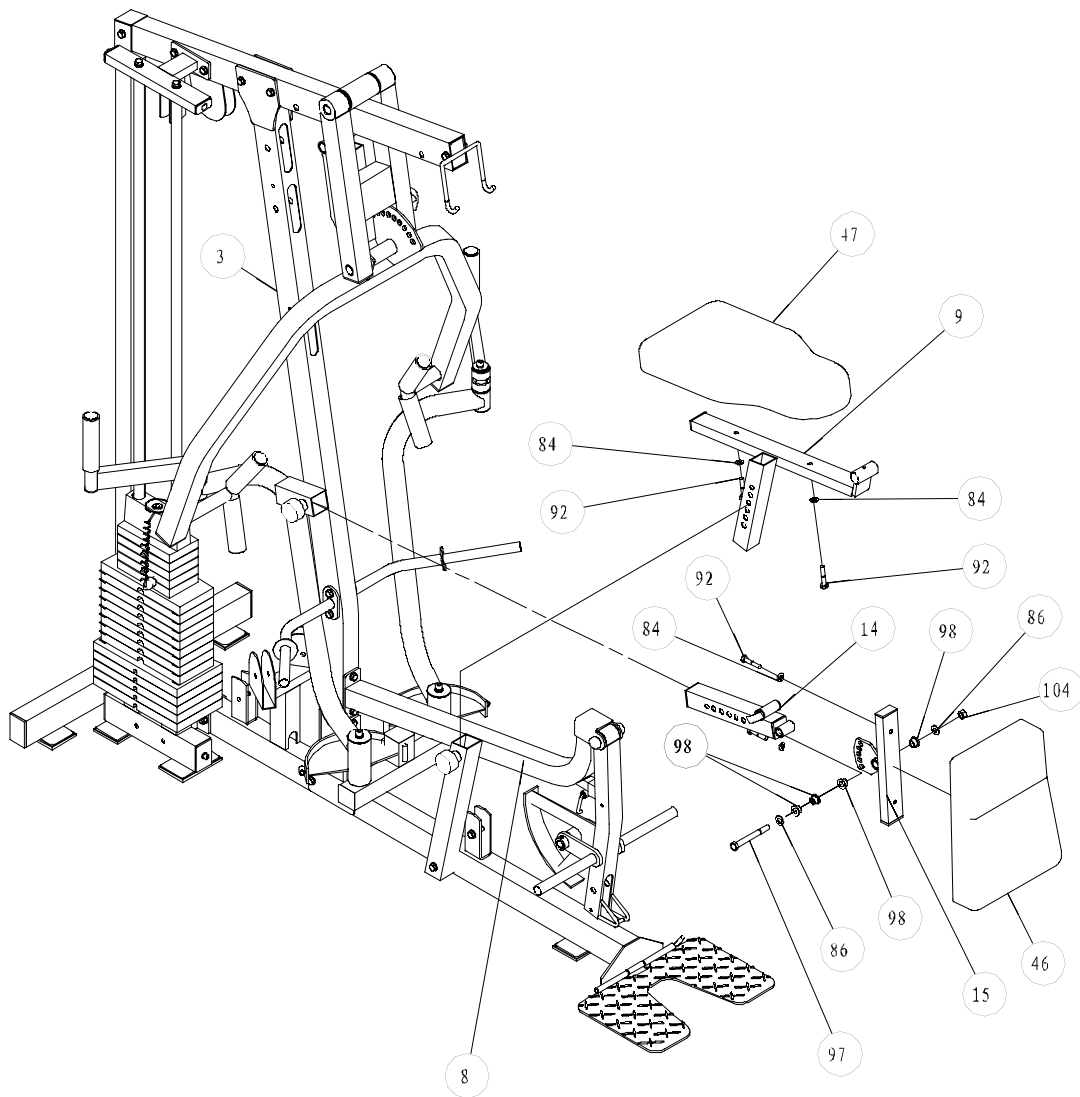
1 x (50) Shaft for Chest Press 2 x (102) Screw

Secure Press Arm (28) to Press Arm Support (13) using:

1 x (49) Shaft for Chest Press Adjustment

2 x (102) Screw

ASSEMBLY



STEP 10

Complete Back Pad (46) assembly using:

1 x (15) Back Pad Support

2 x (84) Washer

1 x (97) Bolt

4 x (98) Bronze Bushing

2 x (92) Bolt

1 x (14) Telescope for Back Pad

2 x (86) Washer

1 x (104) Nylon Lock Nut

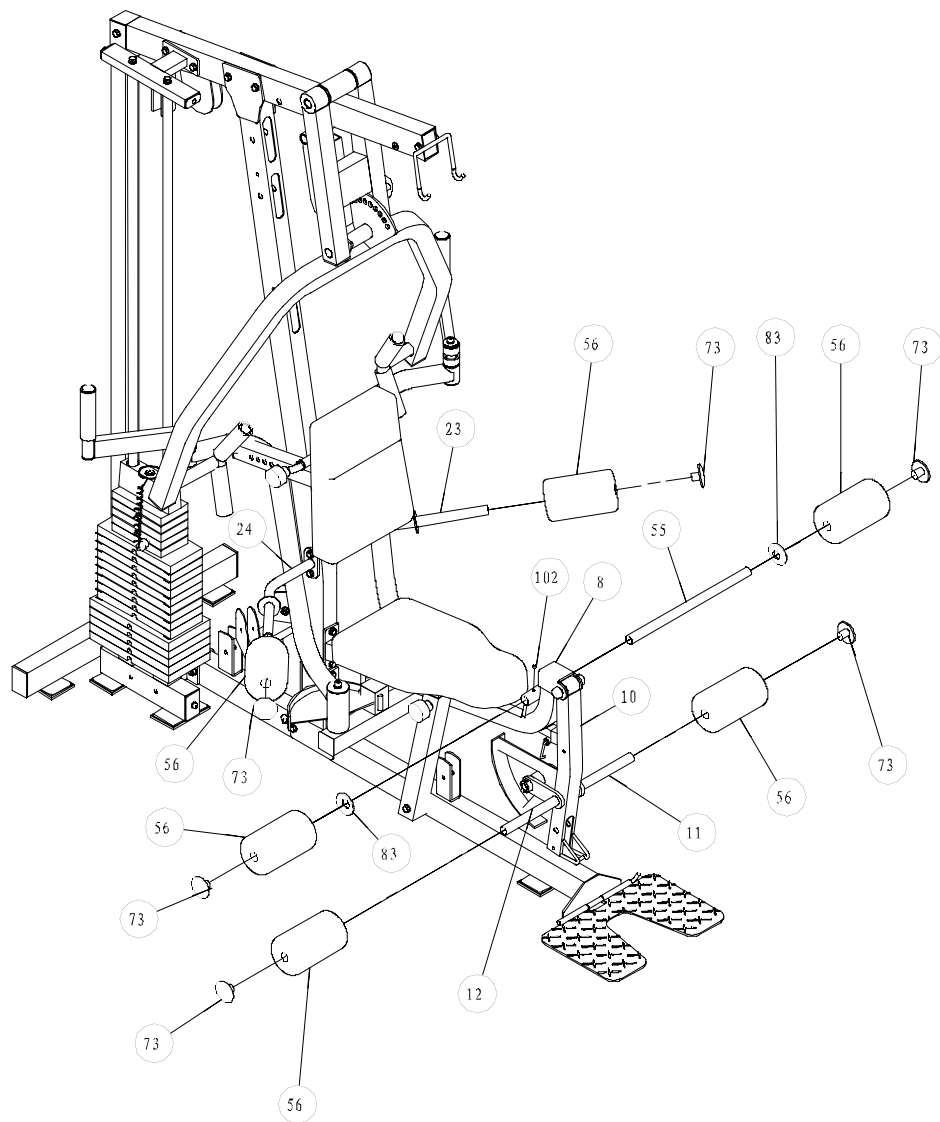
Complete Seat Pad (47) assembly using:

1 x (9) Seat Pad Support

2 x (92) Bolt

2 x (84) Washer

ASSEMBLY

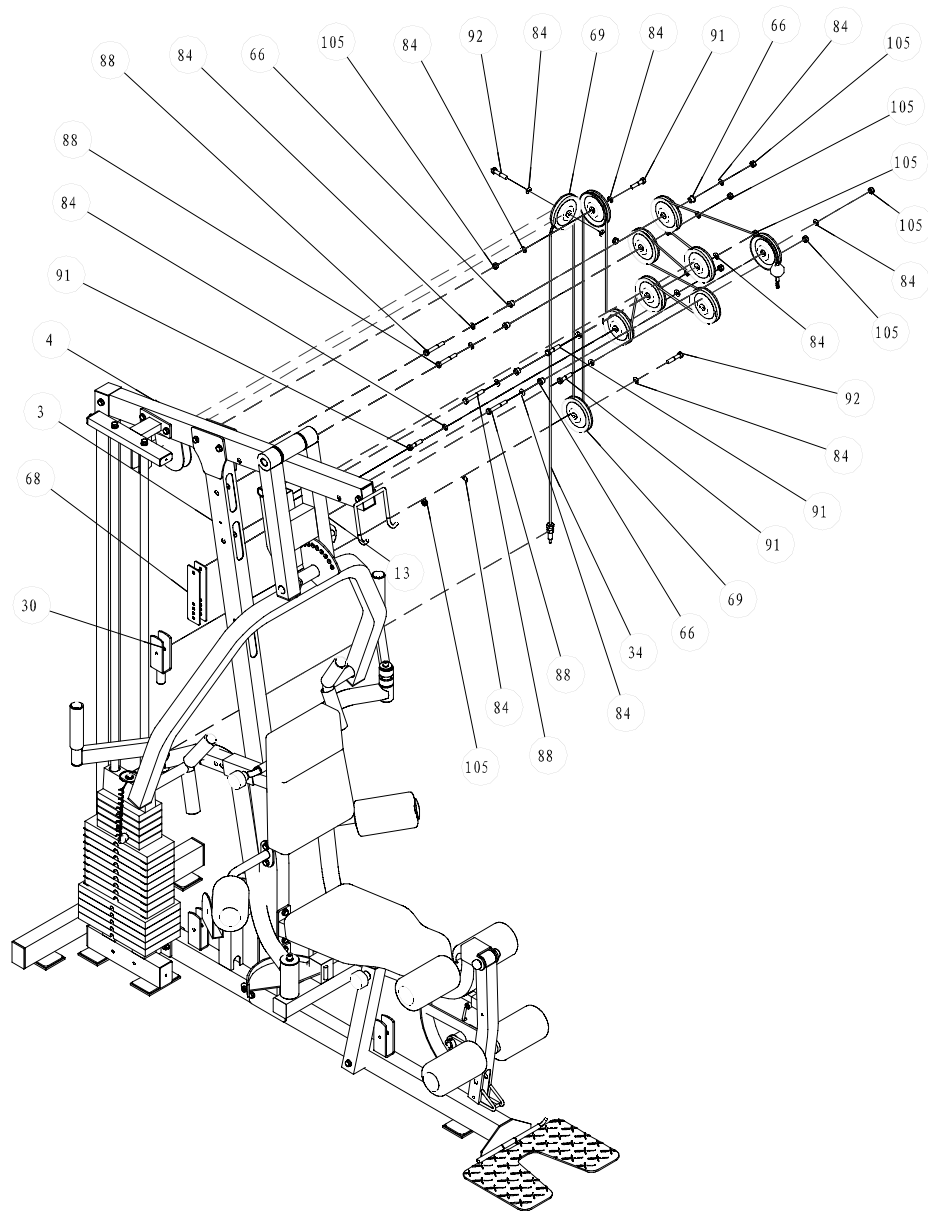


STEP 11

Secure Upholstered Roller Pads (56) as pictured above using:

- 1 x (55) Long Foam Tube
- 1 x (102) Screw
- 2 x (83) Plastic Washer
- 6 x (73) Big Plug

ASSEMBLY

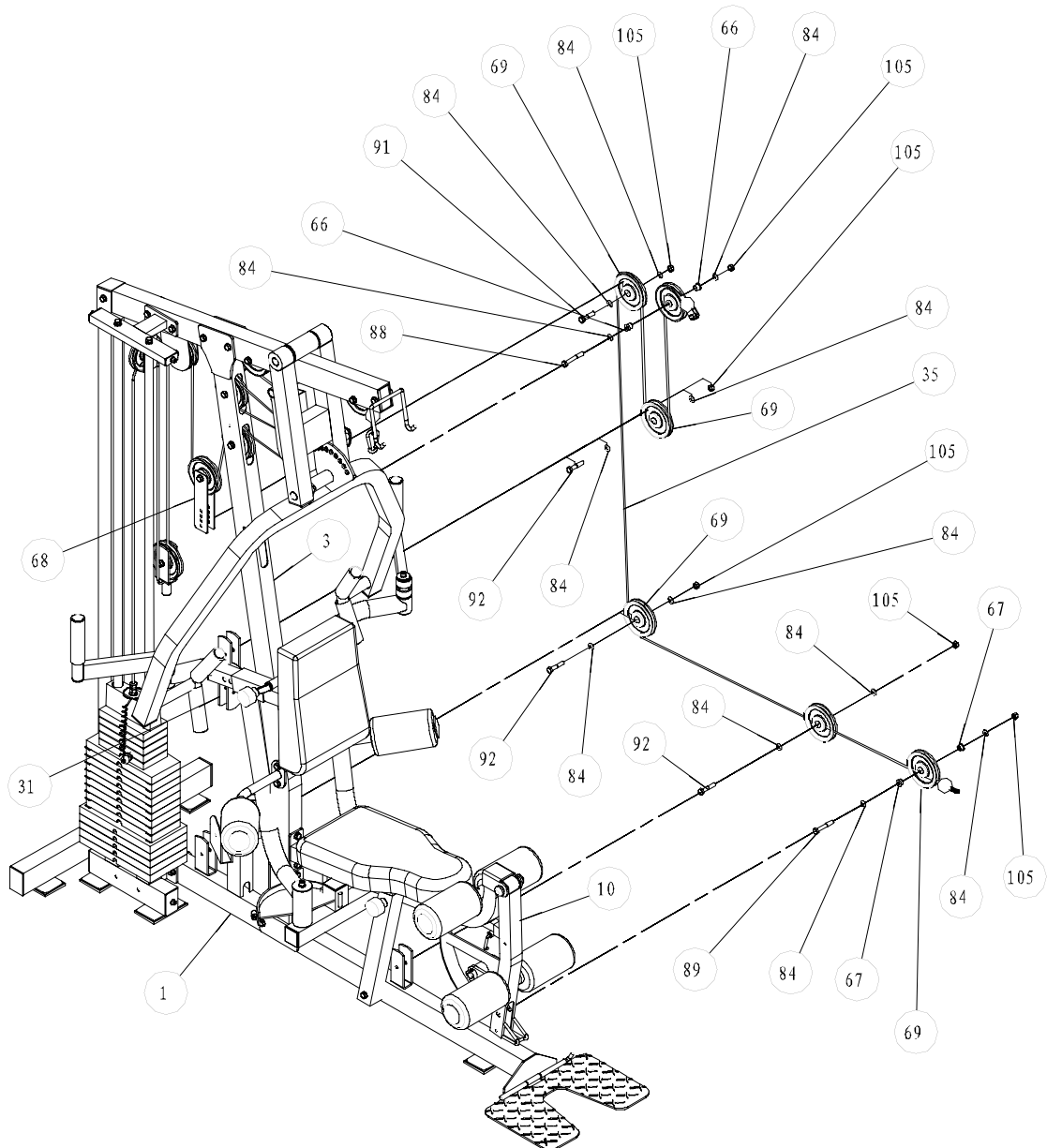


STEP 12

Complete Chest Press Cable (34) assembly using the following:

- | | |
|---------------------------------|-----------------------------|
| 10 x (69) Big Pulley | 2 x (68) Pulley Plate |
| 1 x (30) Pulley Bracket w/Shaft | 4 x (91) Bolt |
| 4 x (88) Bolt | 2 x (92) Bolt |
| 20 x (84) Washer | 8 x (66) Long Pulley Spacer |
| 10 x (105) Nylon Lock Nut | |

ASSEMBLY

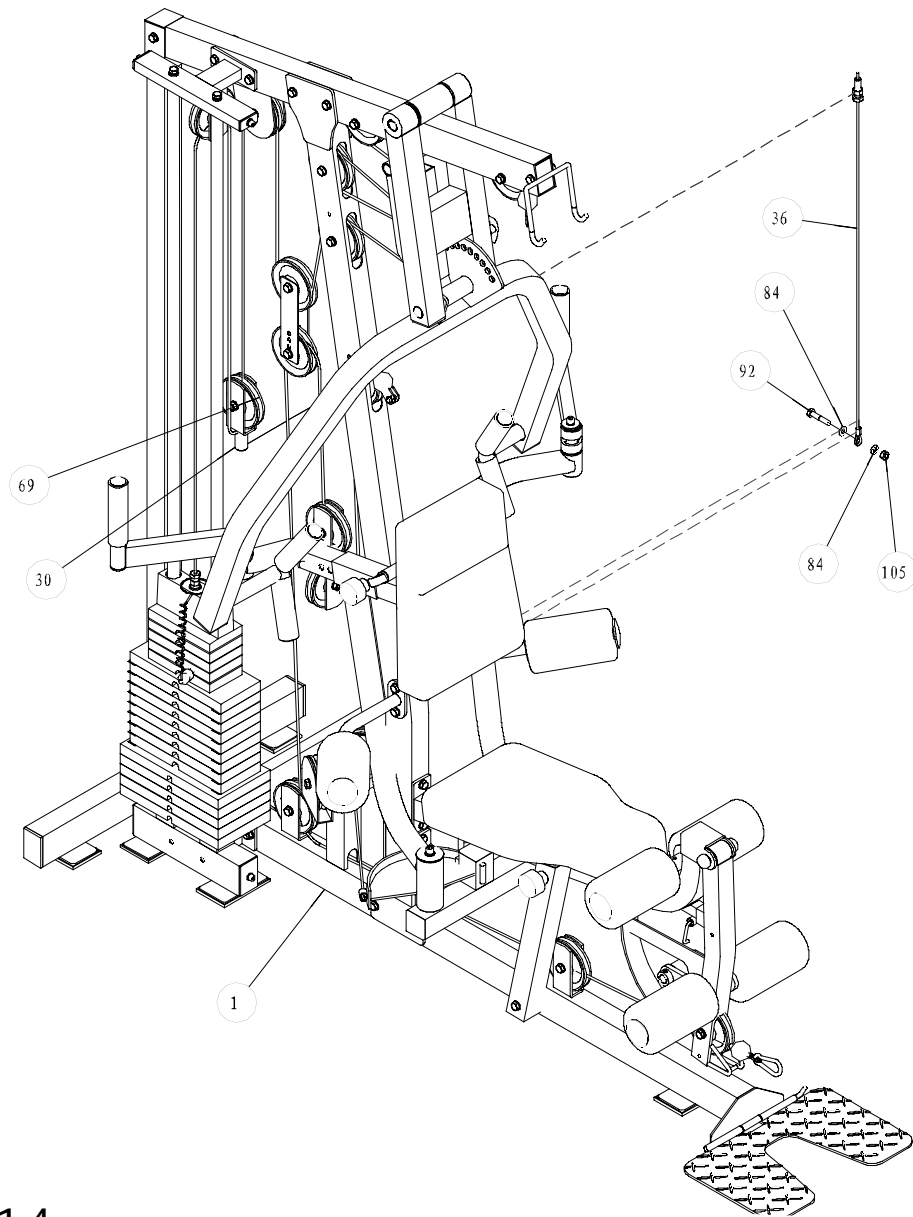


STEP 13

Complete Mid Pulley Cable (35) assembly using the following:

- | | |
|------------------------------|-------------------------------|
| 6 x (69) Big Pulley | 1 x (31) Pulley Bracket Block |
| 3 x (92) Bolt | 1 x (88) Bolt |
| 1 x (89) Bolt | 1 x (91) Bolt |
| 12 x (84) Bolt | 2 x (66) Long Pulley Spacer |
| 2 x (67) Short Pulley Spacer | 6 x (105) Nylon Lock Nut |

ASSEMBLY



STEP 14

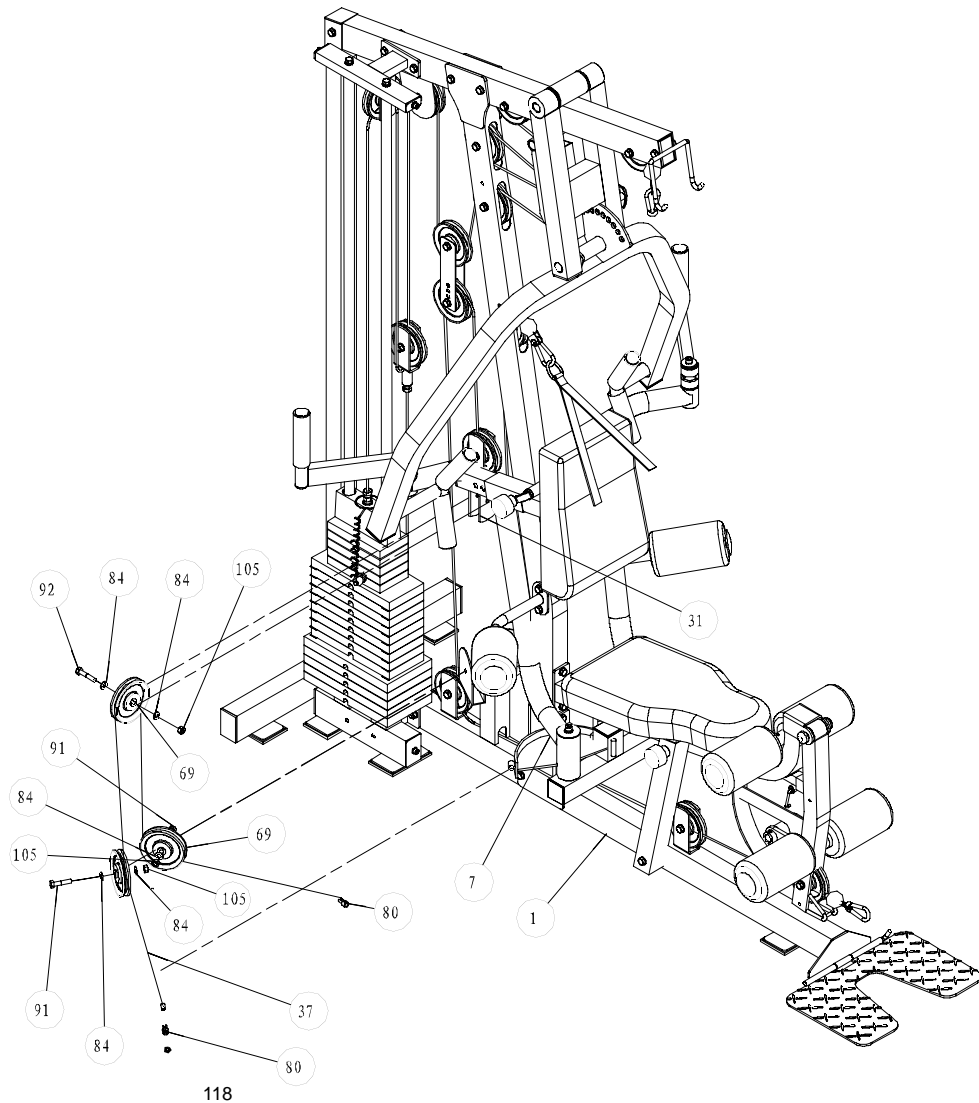
Complete Leg Press Cable Substitute (36) assembly using the following:

1 x (92) Bolt

2 x (84) Washer

1 x (105) Nylon Lock Nut

ASSEMBLY

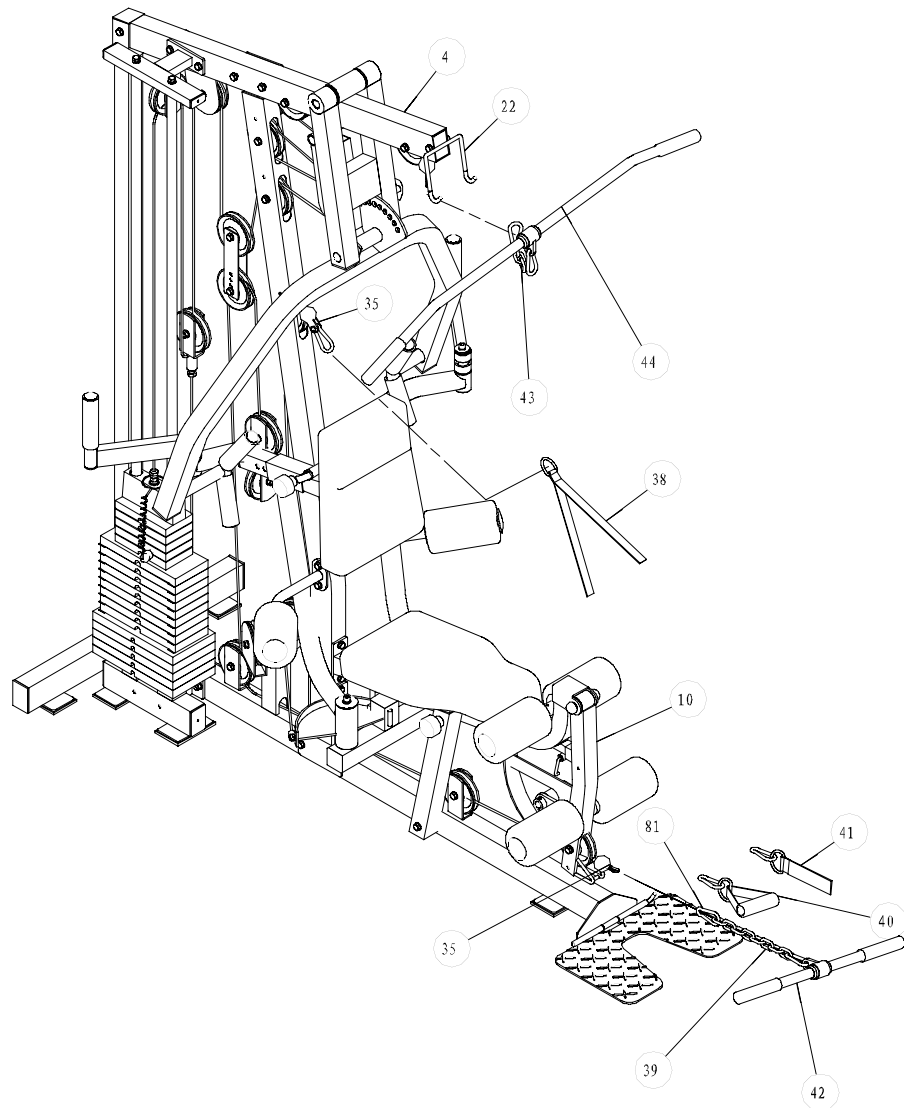


STEP 15

Complete Pec Dec Cable (37) assembly using the following:

- | | |
|--------------------------|--------------------|
| 3 x (69) Big Pulley | 2 x (91) Bolt |
| 6 x (84) Washer | 1 x (92) Bolt |
| 3 x (105) Nylon Lock Nut | 2 x (80) Cable End |
| 2 x (118) Plastic Tube | |

ASSEMBLY



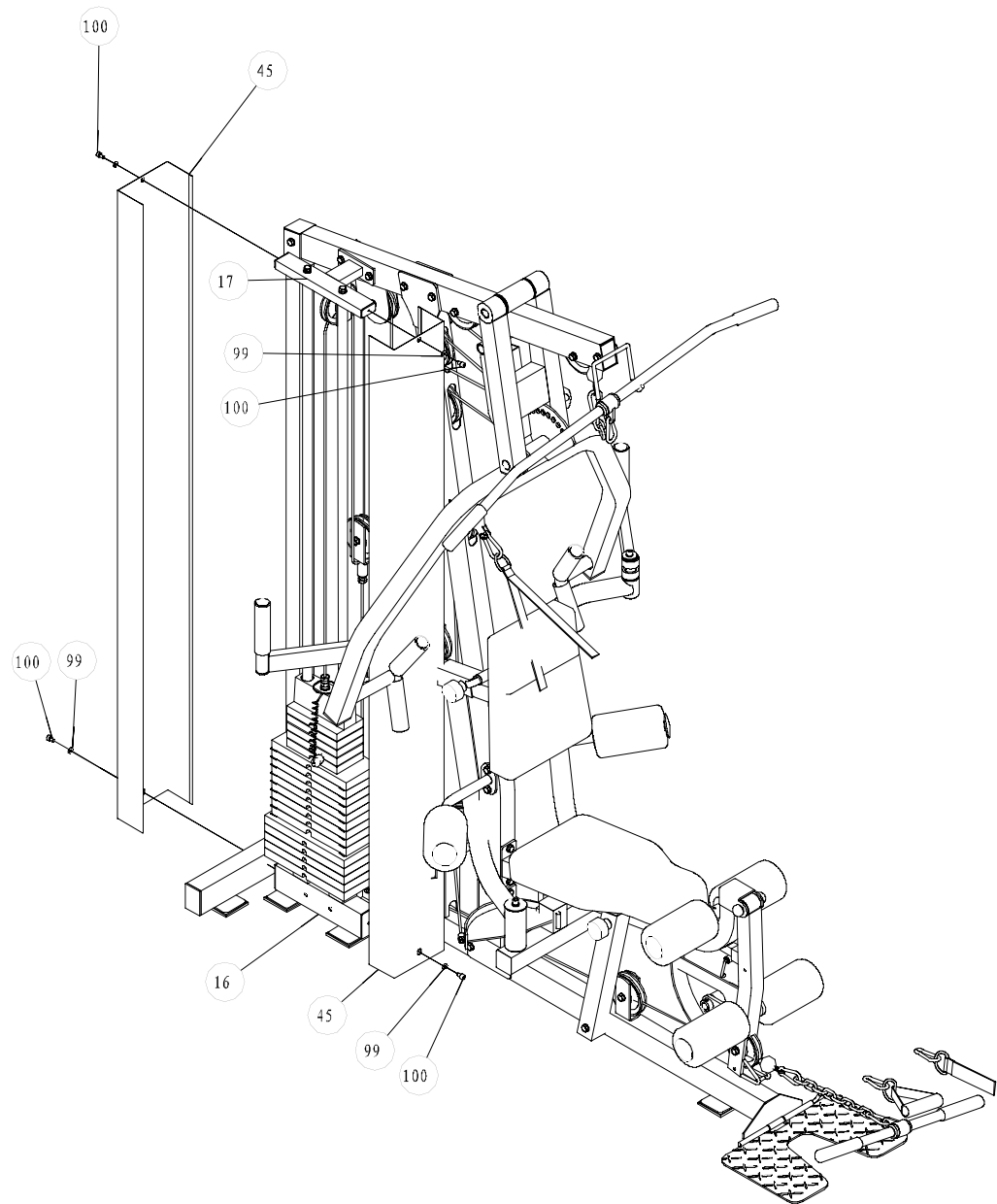
TIGHTEN ALL BOLTS AND NUTS BEFORE PROCEEDING.

STEP 16

Connect attachments as pictured above for various exercises using:

- | | |
|-----------------------|----------------------|
| 1 x (43) Short Chain | 1 x (39) Long Chain |
| 1 x (44) Long Lat Bar | 1 x (41) Ankle Strap |
| 1 x (38) Ab Strap | 1 x (40) Lat Strap |
| 1 x (42) Short Bar | 5 x (81) Gear Hook |

ASSEMBLY



STEP 17

Secure Weight Shrouds (45) to Base Frame for Weight (16) and Top Frame for Guide Rod (17) using:

4 x (100) Allen Bolt

4 x (99) Washer

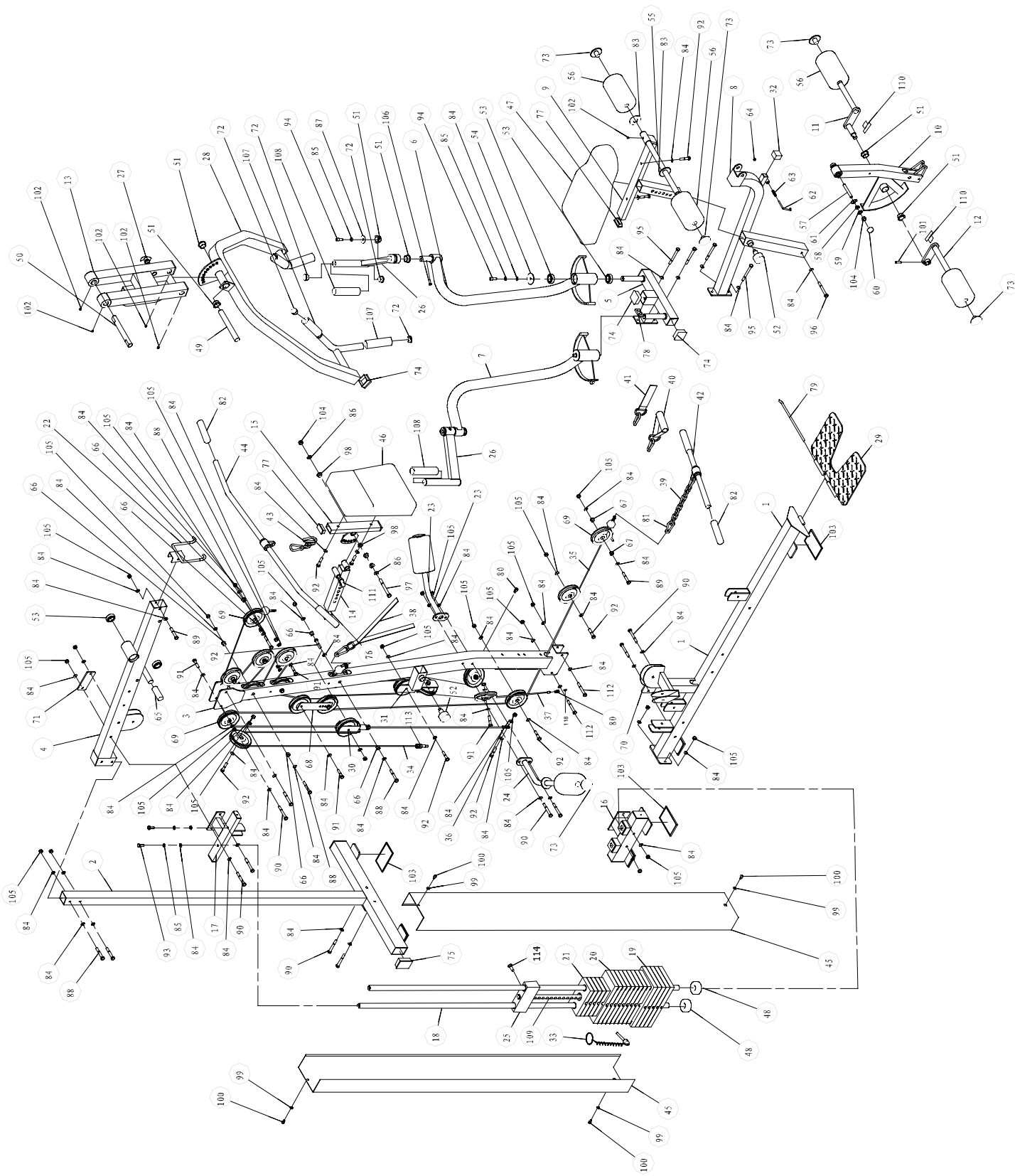
PARTS LIST

#	Description	Qty	#	Description	Qty
1	Base Frame	1	56	Upholstered Roller Pad 100x22x180	6
2	Rear Upright	1	57	Shaft for Leg Extension	1
3	Main Upright	1	58	Bushing for Leg Extension	2
4	Main Top Beam	1	59	Concave Washer 12.5	2
5	Pec Dec Mount	1	60	Semi-Ball End Cap	2
6	Left Pec Dec Arm	1	61	Bearing ID 12	2
7	Right Pec Dec Arm	1	62	"U" Shape Pin	1
8	Seat Pad Support Receptacle	1	63	Small Spring	1
9	Seat Pad Support	1	64	Nut M6	1
10	Leg Extension Lever	1	65	Rubber Tube for Stop	2
11	Foam Frame w/Shaft	1	66	Long Pulley Spacer	10
12	Foam Frame w/o Saft	1	67	Short Pulley Spacer	2
13	Press Arm Support	1	68	Pulley Plate	2
14	Telescope for Back Pad	1	69	Big Pulley 4.5"	19
15	Back Pad Support	1	70	Big Plate	1
16	Base Frame For Weight	1	71	Small Plate	1
17	Top Frame for Guide Rod	1	72	Plug 32	8
18	Guide Rod	2	73	Big Plug 25	6
19	15 lb Plate	5	74	Plug 50.8	5
20	10 lb Plate	9	75	Plug 76.2x50.8	2
21	5 lb Plate	5	76	Plug 44.5	1
22	Lat Bar Hook	1	77	Plug 50x25	3
23	Right Leg Hold Leg Frame	1	78	Pec Dec Stop Bumper	1
24	Left Leg Hold Leg Frame	1	79	Long L Pin	1
25	Top Plate	1	80	Cable End	2
26	Pec Dec Handle Bar	2	81	Gear Hook	5
27	Pop Pin	1	82	Grip	4
28	Press Arm	1	83	Plastic Washer	2
29	Foot Plate	1	84	Washer 10	88
30	Pulley Bracket w/Shaft	1	85	Spring Washer 10	6
31	Pulley Bracket Block	1	86	Washer 12	2
32	End Cap Bumper	1	87	Big Washer 38x11x2	2
33	Weight Pin	1	88	Bolt M10x78	7
34	Chest Press Cable	1	89	Bolt M10x65	2
35	Mid Pulley Cable	1	90	Bolt M10x80	10
36	Leg Press Cable Substitute	1	91	Bolt M10x45	7
37	Pec Dec Cable	1	92	Bolt M10x50	11
38	Ab Strap	1	93	Bolt M10x25	2
39	Long Chain	1	94	Allen Bolt M10x25	4
40	Lat Strap	1	95	Bolt M10x105	4
41	Ankle Strap	1	96	Bolt M10x115	1
42	Short Bar	1	97	Bolt M12x110	1
43	Short Chain	1	98	Bronze Bushing ID 12.2	4
44	Long Lat Bar	1	99	Washer 8	4
45	Weight Shroud	2	100	Allen Bolt M8x10	4
46	Back Pad	1	101	Slip Tension Pin	1
47	Seat Pad	1	102	Screw M8x8	5
48	Weight Stack Bumper	2	103	Base Pad	6
49	Shaft for Chest Press Adjustment	1	104	Nylon Lock Nut M12	3
50	Shaft for Chest Press	1	105	Nylon Lock Nut M10	40
51	Bronze Bushing ID 25.4	8	106	Allen Bolt M8x20	2
52	Pop Pin (Locking)	2	107	Short Handle Grip	4
53	Bearing ID 25	6	108	Long Handle Grip	2
54	Big Washer 57.5 x 10.5 x 5	2	109	Selector Rod	1
55	Long Foam Tube	1	110	Round Plug 25	2

PARTS LIST

#	<u>Description</u>	<u>Qty</u>
111	Smaller Pop Pin	1
112	Bolt M10x75	2
113	Jam Nut 1/2"-12	2
114	Screw Bolt M12x35	1
118	Plastic Tube	2

EXPLODED VIEW



KEYS FITNESS PRODUCTS, L.P.

POWER SYSTEM SERIES

LIFETIME WARRANTY



This Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is lifetime of the original purchaser.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you.

It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include grips, chains, cables, pads, upholstery, pulleys, bearings, etc. Please contact a Keys customer service representative for specifics on wear items. This Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing and must be assembled / installed according to the instructions included with the Product.

In a light institutional setting, Keys will extend a one year warranty to the the original purchaser.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE INCLUDED WARRANTY CARD OR REGISTER ON-LINE AT www.keysfitness.com WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP. MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355



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